

Triple Cheese BBQ Chicken Stuffed Peppers

1 cup cooked chicken, shredded



OVEN
375°F

TIME
45 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 4 large bell peppers
- 1 cup cooked chicken, shredded
- 1/2 cup BBQ sauce
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded pepper jack cheese
- Salt and black pepper, to taste
- Green onions, for garnish

Swaps and Notes:

Bell Peppers: You can use any color of bell peppers you like. Red, orange, and yellow peppers are a little sweeter, while green peppers have a more earthy flavor.

Chicken: A rotisserie chicken is a fantastic shortcut for this recipe. You can also use leftover grilled or baked chicken.

BBQ Sauce: Use your favorite brand of BBQ sauce. A smoky, tangy sauce works great here.

Cheese: The combination of cheddar, mozzarella, and pepper jack gives you a perfect melt and great flavor. You can use any cheese blend you love, but make sure it's a good melting cheese.

Step-by-Step Instructions:

Preheat and Prep: Preheat the oven to 375°F (190°C). Cut the tops off the bell peppers, remove the seeds and membranes, and set them aside.

Make the Filling: In a mixing bowl, combine the shredded chicken and BBQ sauce. Season with a pinch of salt and black pepper. Stir in the cheddar, mozzarella, and pepper jack cheeses, reserving a

small amount of cheese for the topping.

Stuff the Peppers: Place the cleaned bell peppers in a baking dish. Spoon the chicken and cheese mixture evenly into each pepper, pressing down gently to fill them completely.

Bake: Cover the baking dish with foil. Bake in the preheated oven for 25-30 minutes, or until the peppers are tender.

Finish the Peppers: Remove the foil and bake for an additional 5-10 minutes, or until the cheese on top is melted, bubbly, and lightly browned.

Garnish and Serve: Garnish with chopped green onions before serving. Let the peppers cool for a few minutes before serving.

Tips for Success:

Use Cooked Chicken: This is a no-cook recipe, so having your chicken ready to go is the key to a fast meal.

Don't Overfill: Be careful not to add too much filling, as it can make it hard for the peppers to cook evenly.

Cover with Foil: Covering the peppers with foil for the first part of the bake helps them become tender without burning the filling.

Bake Until Tender: The peppers are ready when they are soft and tender when pierced with a fork.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 450 kcal

Carbohydrates: 25g

Protein: 30g

Fat: 25g

Saturated Fat: 12g

Cholesterol: 90mg

Sodium: 900mg

Fiber: 4g

DIRECTIONS

1. **Preheat and : Prep:** Preheat the oven to 375°F (190°C). Cut the tops off the bell peppers, remove the seeds and membranes, and set them aside.
2. **Make the : Filling:** In a mixing bowl, combine the shredded chicken and BBQ sauce. Season with a pinch of salt and black pepper. Stir in the cheddar, mozzarella, and pepper jack cheeses, reserving a small amount of cheese for the topping.
3. **Stuff the : Peppers:** Place the cleaned bell peppers in a baking dish. Spoon the chicken and cheese mixture evenly into each pepper, pressing down gently to fill them completely.
4. **Bake:** Cover the baking dish with foil. Bake in the preheated oven for 25-30 minutes, or until the peppers are tender.
5. **Finish the : Peppers:** Remove the foil and bake for an additional 5-10 minutes, or until the cheese on top is melted, bubbly, and lightly browned.
6. **Garnish and : Serve:** Garnish with chopped green onions before serving. Let the peppers cool for a few minutes before serving.
7. **Tips for Success:** Use Cooked Chicken: This is a no-cook recipe, so having your chicken ready to go is the key to a fast meal.
8. **Don't Overfill:** Be careful not to add too much filling, as it can make it hard for the peppers to cook evenly.
9. **Cover with : Foil:** Covering the peppers with foil for the first part of the bake helps them become tender without burning the filling.
10. **Bake : Until Tender:** The peppers are ready when they are soft and tender when pierced with a fork.
11. **Serving Suggestions and Pairings:** These Triple Cheese

BBQ Chicken Stuffed Peppers are a perfect meal on their own. They're rich, savory, and incredibly satisfying. You could serve them with a simple side salad to add some freshness. For a fun, Mexican-inspired feast, they would go perfectly with other crowd-pleasing meals like a Mexican Chicken and Rice Casserole or a platter of sheet pan quesadillas.

12. Nutritional Information (per serving, approximate):
Calories: 450 kcal
13. Carbohydrates: 25g
14. Protein: 30g
15. Fat: 25g
16. Saturated : Fat: 12g
17. Cholesterol: 90mg
18. Sodium: 900mg
19. Fiber: 4g
20. Sugar: 10g
21. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
22. Storage and Leftover Tips: Leftovers of these stuffed peppers are fantastic! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm them gently in the microwave or in a hot oven (350°F / 175°C) until heated through.
23. More Recipes You'll Love: If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
24. These : Chicken Enchiladas are my go-to for cozy, crowd-pleasing dinners
25. Easy : Cheesy Chicken Sliders with Marinara Garlic Butter

SWAPS & NOTES

Bell Peppers: You can use any color of bell peppers you like. Red, orange, and yellow peppers are a little sweeter, while green peppers have a more earthy flavor.

Chicken: A rotisserie chicken is a fantastic shortcut for this recipe.

You can also use leftover grilled or baked chicken.

TIPS FOR SUCCESS

Use Cooked Chicken: This is a no-cook recipe, so having your chicken ready to go is the key to a fast meal.

Don't Overfill: Be careful not to add too much filling, as it can make it hard for the peppers to cook evenly.

Cover with Foil: Covering the peppers with foil for the first part of the bake helps them become tender without burning the filling.

Bake Until Tender: The peppers are ready when they are soft and tender when pierced with a fork.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/triple-cheese-bbq-chicken-stuffed-peppers/>